



NMCL QUANTICO DIABETES NEWS

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GRADUATED PATIENTS & CONTINUED SUCCESS

A sentiment repeated by many newly diagnosed diabetics is one of concern or fear of the unknown. With the help of the diabetes management team, a majority of our patients are learning better ways to manage diabetes.

After attending a diabetes team clinic session, a team member regularly contacts the patients who are not currently at goal. Upon reaching the target goal for their A1c test (blood glucose lab work every 3 months), then they may be

graduated and contacted less often than those who have not reached their goal A1c.

This does not mean the graduated patient should not see his/her provider as often. In fact, the provider and patient should individualize follow up appointment recommendations.

Other lab tests and exams are also recommended on a regular basis. Please refer to Diabetes Team references or contact a team member for written recommendations.

We are hopeful that patients will continue to visit regularly with their provider and health educator even though they may not need as frequent reminder calls. The classes offered through the Semper Fit Center are also a good refresher for diabetes care information.

Please contact the Diabetes Team members for any questions or to sign up for a class.

FLU SHOT SEASON

As of 27 October 2003, the Immunizations Department at NMCL Quantico will have Influenza Vaccine supplies. Patients with a history of diabetes or other chronic problems (like Asthma) will be immunized with the first supplies. The

best time to get the flu shot is in October or November every year.

According to the CDC Vaccine Information Statement, reactions are rare and you cannot get the flu from the flu shot. If you have concerns about this vaccine,

please ask your provider or nurse for the CDC statement. It describes precautions in patients with an allergy to eggs, ill with a fever, or a history of Guillain-Barre Syndrome.

It is also a good time to ask about the Pneumonia shot recommendations.

Special points of interest:

- ♦ FOLLOW UP IS STILL IMPORTANT FOR PROGRAM GRADUATES
- ♦ FLU SHOT TIME
- ♦ WHAT IS AN A1c TEST?
- ♦ TIP JAR ?

Diabetes Team:

Diabetes Educator:

703-784-1520

Dietitian:

703-784-2869

Mental Health:

703-784-1779

Semper Fit Educator:

703-784-2339

Other helpful numbers:

TRICARE Appointments

1-888-999-5195

Pharmacy Refill Line

1-800-854-8239

Clinic Information:

1-888-784-1802

If you do not wish to receive mailings or you have any comments, please contact the Diabetes Educator.



Traveling with diabetes



Plan ahead for a safe and relaxing trip.

Are you ready to travel this holiday season? Here are some of the ideas compiled from many publications with helpful travel advice. Stop by the diabetes educator's office for pamphlets detailing the ways to make traveling safer and easier when you have diabetes.

As always, the most important preparation is to make sure your follow up exams are updated. That is a good time to get written prescriptions for the medications, needles, syringes, and other supplies you need to travel with (and maybe questioned about).

- Bring twice as many medications as you may need. Divide them up between various bags.
- Wear medical alert identification
- Keep snacks and a fast acting sugar food choice with you
- Keep insulin cool
- Take care of your feet
- Arrange for meal plans
- If you fly, walk around. Drink water frequently
- Monitor your blood sugar more
- Call TRICARE for help with non-emergent care at 1-888-999-5195 or 1-888-333-4522.

What is an A1c test?

Blood glucose levels can go up and down throughout the day. If we only see a patient's monitoring diary with fasting blood glucoses and after meal results, we may not really know how well the diabetes is being managed.

The A1c blood test measures the amount of sugar that attaches to a red blood cell. Red blood cells live about three months. Having an A1c every three months will give us an

The fasting blood glucose test tells us how your levels were that morning. The A1c tells an average for 7-12 weeks.

average range for the amount of sugar in your blood. We know from recent studies (UKPDS) that the patient who maintains an A1c of less

than 7% will be less likely to develop complications of diabetes. Complications include nerve damage, severe kidney disease, and eye problems.

For example, if your blood sugar is usually less than 150 at any given time of the day, then your A1c is probably at 7%.

Talk to your health care provider to personalize your lab test recommendations.

Drop off a helpful hint in the Tip Jar!

Sometimes we find ways to make our day to day lives a little easier.



The diabetes tip jars at NMCL Quantico were created to give patients a chance to share their ideas with other diabetes patients.

These tips will be compiled and placed

in a self-help booklet for use by the diabetics in our local community. You are invited to share ideas that helped you meet your goals, made travel easier, or provided handy solutions for the workplace. You can choose to be cited in the booklet or remain anonymous.

Your help with this project is sincerely appreciated.

